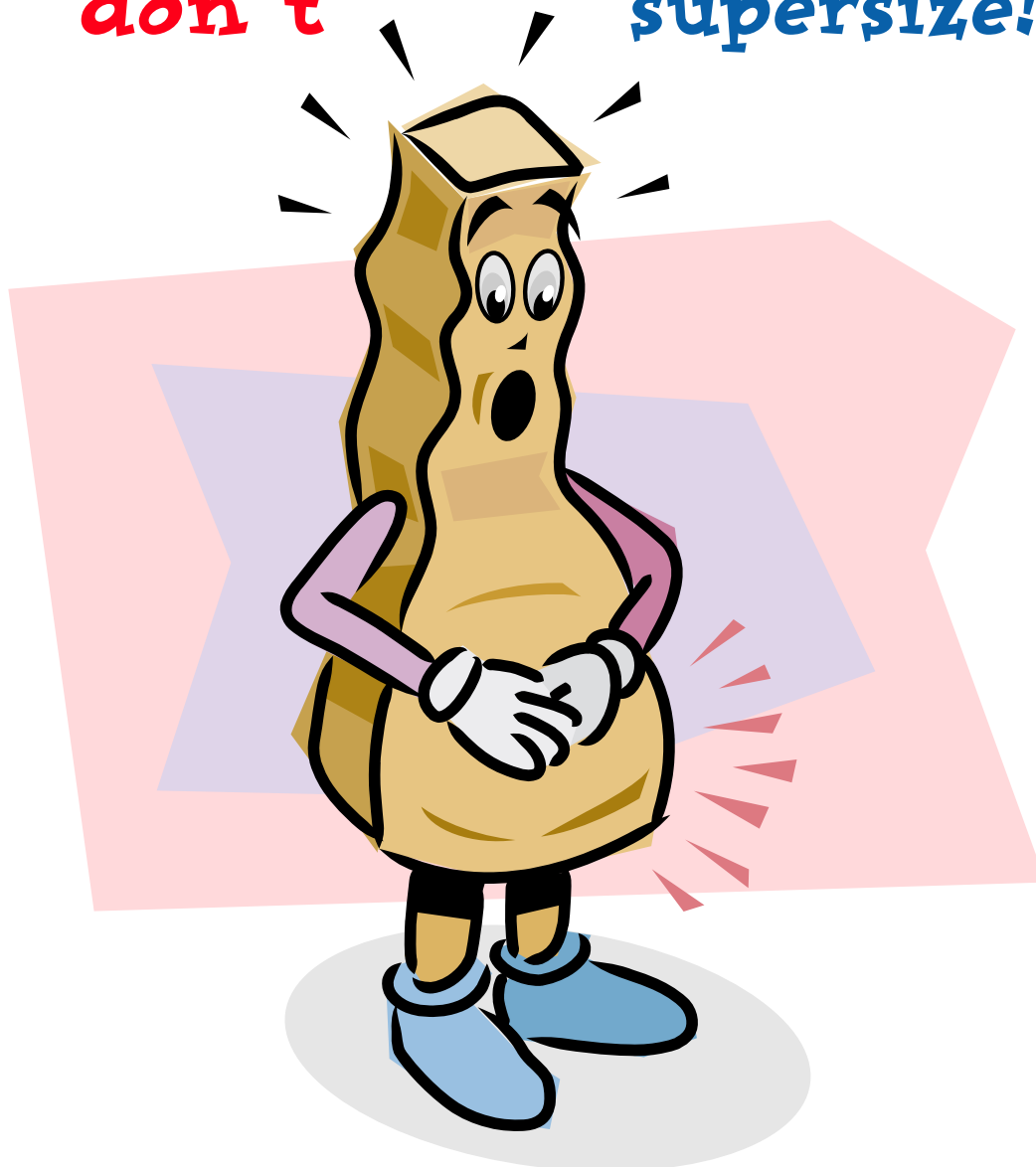


# Down Size, don't supersize!



Consumed twice a week for 36 weeks in addition to the  $\frac{1}{3}$  RDA for calories provided by an average school lunch

Potential increase in body weight in one school year

$\frac{1}{2}$ cup of oven french fries		2.3 lbs.
1 cup of oven french fries		4.5 lbs.
$1\frac{1}{2}$ cup of oven french fries		7 lbs.

**Aim, Build, & Choose—for Good Health**

# THINK DRINK

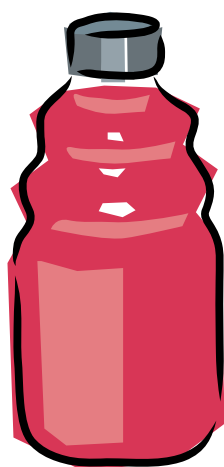
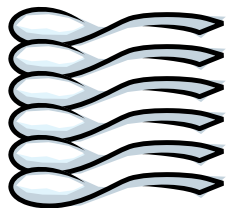


**1% chocolate milk  
(8 oz. carton)**

158 calories

19% of lunch calories\*

6 tsp. sugar

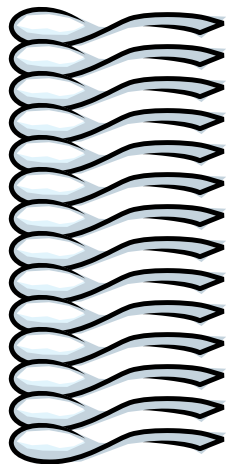


**Sport drink  
(32 oz. bottle)**

200 calories

24% of lunch calories\*

14 tsp. sugar

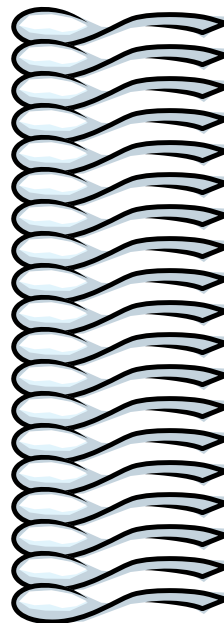


**Soda  
(20 oz. bottle)**

275 calories

36% of lunch calories\*

19 tsp. sugar

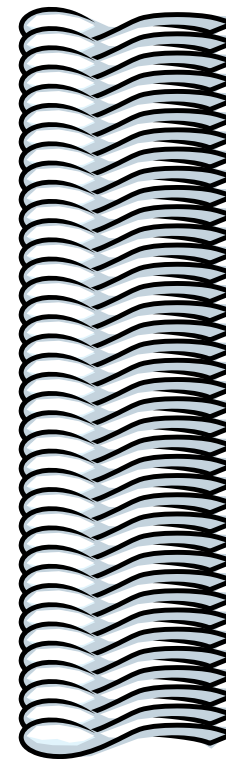


**"Super size" soda  
(64 oz. cup)**

600 calories

73% of lunch calories\*

38 tsp. sugar



\*Based on 825 calories, the average number of calories planned in school lunch menu for grades 7–12. (Based on  $\frac{1}{3}$  of daily calorie requirements for these grades.)

**Aim, Build, & Choose—for Good Health**

# **5** Good Reasons to Exercise:



**Builds Confidence**

**Builds Muscle**



**Reduces Body Fat**



**Controls Appetite**



**You Feel Energized**



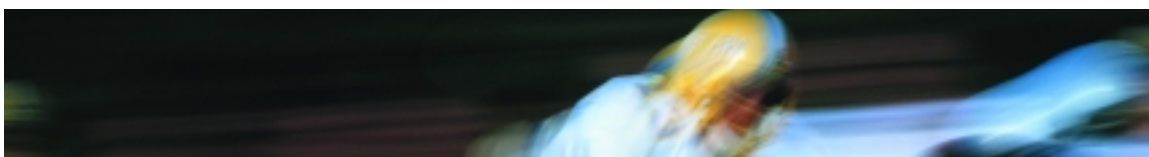
**Fit tip:** *Select a variety of activities you enjoy*

**Aim, Build, & Choose—for Good Health**

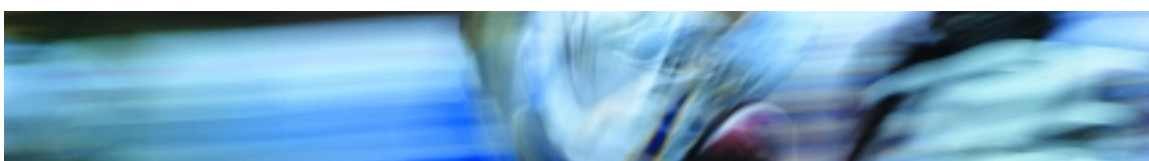
A I M F O R F I T N E S S

# Your Body's Meant to Move!

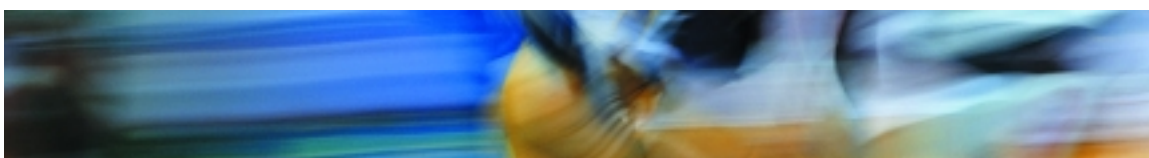
## EXERCISE:



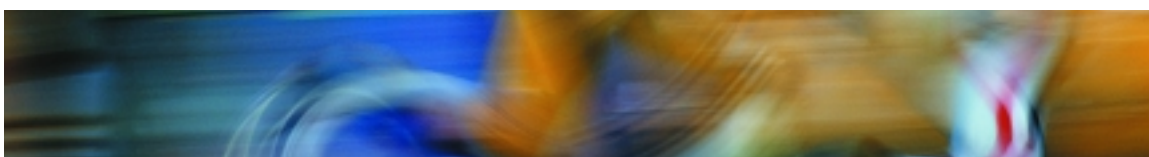
Helps burn body fat and maintain healthy weight.



Strengthens bones.



Helps keep joints healthy.



Improves lung function and physical, as well as mental, stamina.



**Aim, Build, & Choose—for Good Health**